

THE MONROE INSTITUTE BULLETIN

Fall 1989

Volume X, No. 4

HUTCHISON PROMOTES TMI

Our feature article this quarter, "Exploring States of Consciousness," is written by Michael Hutchison, author of the widely read book, *Megabrain*, and founder of Neurotechnologies Research Institute. Hutchison, a long-time supporter of the Institute, offers his perspective on the programs and Hemi-Sync technology available through TMI.

"Exploring States of Consciousness" is published in the BULLETIN as a separate piece. We believe the substantive nature of this article makes it a perfect one-page handout for our members to use as a networking tool or a succinct explanation to offer those who are curious about Hemi-Sync and the work of the Institute.

FEEDBACK

"Feedback" is a TMI member forum featuring articles, letters, and creative writing. If you have a Hemi-Sync experience you would like to share with the membership, write it down and send it to BULLETIN, c/o The Monroe Institute, Route 1, Box 175, Faber, VA 22938

One of our members from Australia kindly submitted this interesting account of Hemi-Sync and his son's use of marijuana. He writes,

Bob -

As requested, I herewith supply in writing what I mentioned to you verbally in regard to my 22-year-old son and his experience with Hemi-Sync and marijuana. It came to my notice when he was about 18 that he was a frequent smoker. I was unable to dissuade this practice. His life style and attitude over the years was largely indolent and sloppy. He was unable to keep a job long and for the last two years prior to about October 1988 was unemployed, and in many perceptions unemployable. Around September of 1988 I loaned him my DISCOVERY album; about eight weeks or so after this he applied for and was accepted on a trial basis as a mail sorter. He subsequently was given permanent status, having passed the required tests, and has had some minor promotions. All this time he was living away from home. Recently he entered into a relationship with a girl, something he had never previously achieved. About two-and-a-half months ago I asked him in casual conversation if he was still smoking marijuana. His response was that he hadn't for a considerable time, and smilingly remarked he had "better experiences with the tapes." He is currently on THRESHOLD, and appears to be leading a settled and satisfactory life. I loaned him both your books, which he read, and later told me he had given his girl friend Journeys Out of the Body for her birthday present. I thank you for the evident substantial contribution made by your work to myself and son. You may use this material as you wish, but would prefer my name be excluded as I haven't my son's permission to use this publicly.

QUARTERLY TAPE: TRACKING THE WILD MÖBIUS

MÖBIUS:

*Where with a twist of the track,
the inner becomes the outer,
the background comes to the fore,
the unspoken is said,
candor replaces conventionality.*

MÖBIUS TRACK introduces a unique brand of discourse: pithy, provocative, and sometimes controversial conversations with Bob and other unconventional characters who "tell it like it is."

In the first of the series, *Robert Monroe: Early Childhood* (the special-release tape to members in the quarterly mailing of Summer 1989), Bob sets the pattern of open dialogue that is the main characteristic of all MÖBIUS releases. Here, Bob searches through his life history to determine possible early signs of the massive change that took place when he was forty-two.

In *Robert Monroe: Later Childhood*, the second MÖBIUS conversation, he continues to report openly and in detail, relating his activities as a child who demanded music in his life, who took risks knowingly and unknowingly to go beyond typical child's play.

Bob maintains the MÖBIUS tradition with *Robert Monroe: From Boy to Man*, this quarter's special-release membership tape. In this segment he examines his experiences as a frustrated teenager in high school and college, the up-and-down patterns in his life, and the revelation that began the control process which changed his life.

Perhaps in the listening you may be reminded of unexplained events in your own life which were early indicators of who and what you are.

These and future MÖBIUS TRACK conversations may be purchased for \$8.95 each to members and \$9.95 to non-members.

SYNOPSIS OF THE *HUMAN PLUS* LABORATORY SURVEY

by Shirley N. Bliley, *H-PLUS* Coordinator
Data compiled by Mark A. Tobias

During development of the *HUMAN PLUS* concept, selected TMI staff utilized the prototype tapes in the isolation booth of The Monroe Institute laboratory. A total of 19 volunteer subjects participated over a 12-month period from November 1987 to November 1988. They ran the gamut from very experienced (program trainers, Bob Monroe) to completely Hemi-Sync naive. Laboratory monitors kept written records of each session and participants completed a survey form for each tape they used. Their experiences and opinions were an invaluable contribution to the creation of the *H-PLUS* system.

A total of 44 *H-PLUS* Function Exercises (including *Prep*) are represented below. Function Exercises not listed were not available for these sessions or were not used by the subjects. Some Function Exercises (like *Emergency: Toxic* and *Empathizing*) were available only during the last month or two of the study. Several people repeated Function Exercises (this resulted in more responses for some tapes than there were subjects).

The table on this page shows the Function titles in descending order from most to least survey forms completed for each tape. The box on page 4 shows the survey form used.

In a total of 287 responses, the first 10 tapes listed account for 50% of the total. This appears to indicate greater interest and/or higher perceived value in the areas they address.

Each subject completed a survey form for the tape(s) heard during the previous session. Therefore, the following responses represent experien-

ces and results within approximately one week of hearing a tape.

When asked for their general reac-

Eat/No Eat; *Short Fix* removed an annoying itch; and one person reported aches and chills during the clearing

process of *De-Tox: Body*, while another experienced an intensification of allergic reactions. There were references to perceptions of intense heat, purple color, and a visual montage effect. Psychological and emotional effects spanned a broad spectrum—"drowsiness and feeling of freedom to explore"; "close to sleep but not asleep"; "powerful, deep, increase in temperature" (*De-Hab*) and knowledge of ability to quit smoking; "Function felt in entire awareness"; "used *Let Go* for Security Repository box, and had enjoyable, deep emotional experience"; "loved experience of color and warmth." One subject "felt that Plus-Change, Change (*Möbius West*) could accomplish anything!" A few people did not like doing two tapes per session and objected to the length of "quiet time" on the tapes.

An *H-PLUS* tape library was available to participants.

Therefore, we wanted to know if subjects listened to a tape at home either before or after the lab session. Most responses (167) indicated tapes were only done in the lab. In 39 instances tapes were listened to beforehand; 27 listened to them afterwards; and 5 listened before and after the session. No response to this question was given on 49 surveys.

We also wondered how many subjects would reinforce the Function Exercise by using the tape again versus the Function *Command* only, either at home or in the lab. About half (137) planned to use the tape again; 105 did not intend to repeat it; 34 felt they

Number of H-Plus Survey Forms Completed

1. <i>Möbius West</i>21	23. <i>Nutricia</i>6
2. <i>Relax</i>20	24. <i>Sensory: Hearing</i> ...6
3. <i>Imprint</i>15	25. <i>Eat/No Eat</i>5
4. <i>Tune-Up</i>14	26. <i>Sensory: Touch</i>5
5. <i>Attention</i>14	27. <i>De-Discomfort</i>4
6. <i>Let Go</i>14	28. <i>Sex Drive</i>4
7. <i>Synchronizing</i>12	29. <i>Sleep Easy</i>3
8. <i>Detox: Body</i>11	30. <i>Strong-Quick</i>3
9. <i>Contemplation</i>11	31. <i>Prep</i>2
10. <i>Eight-Great</i>11	32. <i>Immunizing</i>2
11. <i>Off-Loading</i>10	33. <i>Emergency: Injury</i> ..2
12. <i>Sweet Dreams</i>9	34. <i>Recall</i>2
13. <i>Circulation</i>8	35. <i>Sensory: Taste</i>2
14. <i>Make Your Day</i>8	36. <i>Sensory: Smell</i>1
15. <i>Reset</i>8	37. <i>Short Fix</i>1
16. <i>Restorative Sleep</i> ...8	38. <i>See-Be</i>1
17. <i>Zoning</i>7	39. <i>Sleep</i>1
18. <i>De-Hab</i>7	40. <i>Speak Up</i>1
19. <i>Options</i>7	41. <i>Release</i>1
20. <i>Think Fast</i>6	42. <i>Stay Awake</i>1
21. <i>Wake-Know</i>6	43. <i>Emergency: Toxic</i> ..1
22. <i>Recharge</i>6	44. <i>Empathizing</i>1

tions to tapes during a lab session, the majority indicated a high range of comfort ranging from "good," "OK," "comfortable and restful" (144) to "very relaxed," some form of "sleep" (118), or "nothing special," "awake/alert," "drifting," "very effective," "couldn't settle down" (33). Most subjects evidently attained a deeply relaxed state during the tape experience. Specific comments addressed physical reactions, emotional/psychological experience, tape format, and session structure. Under the physical heading, a painful neck was relieved during a session; one person's rumbling stomach was quieted during

might listen again; and 11 did not answer. This is almost an equal split between need/lack of need for reinforcement.

The volunteers performed a valuable service by commenting on the technical quality of the audiotapes. Due to these comments, early problems with tape speed, voice timbre, and phrasing were resolved to produce a higher quality product.

It was especially critical to determine if participants *used the Function* after hearing the tape. This application of the Function Command in daily routine is central to the *H-PLUS* system. A majority (216) did use the Function. Only 64 responded in the negative, with 1 "maybe" and 6 "no" answers. Function Commands were used an average of 4 times each during the week preceding the survey completion. This did vary widely depending on the nature of the Function. *Tune-Up* or *Relax*, for example, saw more use than *Strong-Quick* or *Zoning*.

We next wanted to assess regular use of the Functions in appropriate situations. Less than half (113) of those answering felt they had missed opportunities for application of the Function Command during normal daily activities. Half of the group (141) felt they had used Functions when applicable. Seven persons felt they might have missed chances and 26 did not answer. The key seemed to be remembering the Function was available—a telling comment on the adjustment necessary to realize one has more control over life circumstances.

Estimated frequency of Function use is shown below by number of surveys completed:

<i>Routinely</i>	75
<i>Frequently</i>	70
<i>Now and then</i>	101
<i>Rarely</i>	25
<i>No answer</i>	16

These figures indicate that over half of those involved intended to use *H-PLUS* on a consistent basis. Memory and perception of the appropriate situation seemed to be the keys here.

Further, we questioned if the Functions, once heard and used, were effective. Over 50% (162) felt that the Function worked easily and they achieved the intended results. The



HOLIDAY GIFT MEMBERSHIPS



One of the greatest gifts we can give someone we care for is opportunity: the opportunity to move beyond the known limits of understanding to become more of who and what we are. Your membership in The Monroe Institute demonstrates that you are responding to this opportunity. Now you can offer it to someone else. By returning this coupon for a Holiday Gift Membership you can give someone a Sustaining Membership for 1990. In addition to the member benefits of our quarterly issues of the *BULLETIN* and the *BREAKTHROUGH*, four special-release audio-cassette tapes and reduced member prices,

your friend or family member will receive a Holiday Gift Membership package containing:

- a complimentary *Introduction to Hemi-Sync* two-cassette album
- a four-color TMI brochure and information packet
- an acknowledgment of your gift from the Institute.

The regular value of this package is \$69.90 plus \$5.00 shipping and handling, for a total of \$74.90. For a limited time, TMI is extending this offer to you for a total of \$50.00—the cost of a Sustaining Membership. Let us help you share the gift of opportunity!

Please send a Holiday Gift Membership package to:

(please print)

Name _____

Address _____

Enclosed is my payment of \$50.00 for a one-year membership:

___ Check or money order ___ MasterCard ___ Visa

Card Number _____

Expiration Date _____

Signature _____

My Name is _____

My Address is _____

My Daytime Phone is () _____

Charge card users may phone:

800 541-2488

Please have card number and expiration date available.

Please call Membership Information (804) 361-1252 if you have questions.

Offer expires 12/15/89.

Function did not work for 44; the effect was uncertain for 23; and 58 did not answer. If a Function was ineffective, subjects usually felt the encoding was not in place and planned to listen to the tape again.

Were there typical situations when participants would activate an *H-PLUS* Function? Almost everyone (231) answered yes. The remaining 21 could not think of a particular situation; 3 thought maybe; and 32 did not answer. The situations described revolved around the specific focus of a Function.

A common request was for a small card listing all of the Function Commands. Few considered using *Imprint* and *Recall*—an interesting perspective on human conditioning. [Ed. Note: Function Command cards have been developed and are provided with *H-PLUS* cassette album purchases.] The following is a cross-section of general comments on specific Functions during the process of learning and application:

PREP Really like this tape. Effective physically, mentally, and emotionally. Brings a balance in all systems.

STRONG-QUICK Forgot to use at karate class. /Used to open stubborn jar tops. /Did not work well when used with *Synchronizing*. Felt like physical wires were crossed. /Do a lot of exercise and walking and am accustomed to varied energy levels. Not a lot of difference with Function.

LET GO Use other methods for this purpose. Hard to put result down to one or another. /Works well but have to be sure I'm not using it to repress feelings. /May work, depending on depth and intensity of emotion I'm experiencing. /This is great! I anticipate regular usage. It really helps immensely in conserving psychic energy and redirecting focus and energy.

RELAX Didn't think of it at dentist office. Wish I had. /Surprised how easily it worked. Repeated command 3-4 times at first, then found not necessary to repeat. /When used at home, produced a huge yawn every time automatically.

RESTORATIVE SLEEP Could use nightly, but choose other foci. /Woke feeling sleep was particularly productive re: dreams and recharge. /Helps in overnight relief of sprains and soreness.

WAKE-KNOW Twice asked for information and woke up knowing! /Have not yet awakened with "knowing." Don't remember dreams easily—so this may be a difficult Function for

with the *Let Go* Function. They complement each other and make me aware I have that control. /Would use for getting up in the morning.

NUTRICIA Excellent Function script. Win-win approach. /Encoding (command) doesn't seem quite right for the purpose. /Forget to do it before eating, so I do it afterwards. /I experienced this as one of the most powerful tapes so far—effective script.

SENSORY: HEARING

Use to try to figure out a night noise. /Used it in meditation to tune in to vibrations I couldn't hear before and it worked. /Use to adjust noise level at concerts or in theaters where I have no control over the external source.

CIRCULATION Seems to help with heart irregularity. /Used for current problem with feet and legs, directing healing circulation. Treatment definitely seems accelerated.

OPTIONS Thought about it and decided not to use it. /Use before doing creative visualization of future patterns.

MÖBIUS WEST Use anytime there isn't a special *H-PLUS* tape for whatever my need is.

CONTEMPLATION Use it for contact with inner, higher self whenever it seems necessary.

IMPRINT I used this Function to program using *Nutricia*. /Especially useful during an *H-PLUS* tape to remember the Function Command.

We hope this overview of *H-PLUS* development has been informative and inspires your own persistence and creativity. An upcoming BULLETIN will present results of the *H-PLUS* Training Series Surveys submitted by those utilizing the *H-PLUS* in-home program. And watch for an interview in the BREAKTHROUGH with a *GATEWAY VOYAGE* participant who is using *H-PLUS* and other Hemi-Sync tapes to deal with the challenge of multiple sclerosis.

H-PLUS TAPE AND FUNCTION EVALUATION

NAME: _____ DATE: _____

1. What Function tape did you last do in the lab? _____ title _____

2. What was your reaction to the tape during the lab session?
REFER TO SESSION CARD

3. Have you used the TAPE for the same Function outside the lab before or since the lab session? _____ BEFORE _____ SINCE _____
yes yes no

4. Do you plan to use the TAPE for this Function again either at home or in the lab? YES NO Explain: _____

5. Do you have any suggestions for changes in the tape regarding:
CONTENT: REFER TO SESSION CARD
QUALITY: REFER TO SESSION CARD

6. Have you used the function since hearing the tape? YES NO

7. How many times? _____

8. Were there occasions in which you could have used the Function appropriately and did not? YES NO How many times? _____
Explain: _____

9. Is this a Function you would expect to use? (please check one)
_____ routinely _____ now and then
_____ frequently _____ rarely

10. Did the Function, without the tape, work easily for you? YES NO
Explain: _____

11. Is there a typical situation in which you would use the Function?
YES NO Explain: _____

12. COMMENTS: _____

CHECKED BY MONITOR (initials) _____

me. /Use for situations which tend to hang without resolution.

DE-DISCOMFORT Used on airplane for stabbing pains in wrist. Worked almost immediately and pain didn't return for 2 days. /Use produced paradoxical reaction—discomfort intensified. /Will use for unexpected arthritis pains. This corralling of forces within seems to zap pains for the day.

RESET Experienced immediate and sustained reversal of low to high energy state. /Find it particularly useful

GO KUDOS

An Open Letter to Outreach Trainers

from Maxine Lorence

The "Kudos" column allows me the opportunity to acknowledge the special and unique breed of people we call "Outreach Trainers." Through my involvement in the *GATEWAY OUTREACH* program, I've become increasingly happy and excited about working with and supporting you. *GATEWAY OUTREACH* Workshops have always had tremendous impact and potential because of the quality of its trainers and what they have to give.

I believe that when people of quality work together, great things can be achieved. It has always proven to be true as I watched and collaborated with unique and talented people in other professions. Most of my adult life has been involved—in one way or another—with the production of Broadway, Off-Broadway, and Off-Off-Broadway shows. The last 15 years or so were spent producing those shows—mainly for the commercial theatre in New York City.

So collaboration is something I know a great deal about since it is the essence of theatrical survival. And it is the experience of collaboration with exceptional people creating exceptional things that to me is so deeply exciting about *GATEWAY OUTREACH*.

Let me hear from you—unless you hear from me first!

NEW GO TRAINERS

This past June, a record number of people came to Virginia to be certified as *GATEWAY OUTREACH* Trainers. There are now twenty-one new energetic and excited individuals who are offering *EXCURSION* and *H-PLUS* workshops in their communities. If you live near one of these new Outreach Trainers and would like to lend your support in any way to their efforts, please get in touch with them. I'm sure they would love to hear from you. Congratulations trainers, and welcome to the TMI Family!

Jonathan Ames (Akasha)
272 Lyons Plains Rd.
Weston, CT 06883
(203) 227-6865

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2577 Elon Dr.
Virginia Beach, VA 23454
(804) 340-8838

Jane Burgess
5001 Kenview St.
Greensboro, NC 27410
(919) 292-0339

Jonathan Cowan (Jon)
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(617) 236-2217

Cheryl O. Williams
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Lily Dale, NY 14752
(716) 595-3927

THANK YOU!

We at The Monroe Institute extend our heartiest thanks for the donations we continue to receive. This money becomes a part of the Research and Development Fund, and thus contributes toward expanding our investigations. Not only is your assistance very valuable for our continuing research, but provides a significant contribution to the sum of human awareness and understanding of consciousness.

A very special thanks this quarter to:

Amos Edelheit, Carol Bentley-Ely

MEMBER PHOTO DEPICTS *METAMUSIC*

A popular recreational pastime of program participants at the TMI residential center is landscape gazing. The clicking and whirring of cameras is heard as photographers move to capture the ethereal, pastoral beauty of the Institute's land in the Blue Ridge Mountains. Sunsets are often spectacular. Nancy Leatherman, M.D., attended an *H-PLUS* program in October of 1988 and witnessed such a sunset. Her resulting photo, sub-

sequently sent to the Institute, was recognized as containing the essence of the spirit of our *METAMUSIC* Series. Nancy generously gave permission for her photograph to be used on the covers of the newly designed *METAMUSIC* audio-cassette albums, so be looking for it with your next *METAMUSIC* album purchase. Our sincere thanks to Nancy from the TMI family and all of our *METAMUSIC* customers!

PREP PROGRAM

The Institute's *PERSONAL RESOURCE EXPLORATION PROGRAM (PREP)* continues to receive an excellent response. *PREP* enables individuals who are experienced with Hemi-Sync to receive private sessions in the TMI laboratory's isolation booth.

Each session lasts approximately one and one-half hours and includes a personal interview, the guided exploration session, a debriefing with the monitor, computer reports of the physiological monitoring results, and an audiotape of the session. The cost of a single session is \$75 through 1989.

Beginning January 1, 1990, the cost will be \$125 per session.

TMI is now able to offer brainmapping in conjunction with *PREP* sessions, utilizing the NRS-24 20-channel EEG topographic display computer system. These sessions require approximately three hours to allow additional time for the placement of an electrode cap, and a shower following the session. The cost is \$250 and includes a comprehensive written report and audiotape.

For applications, call or write: *PREP* c/o the Institute.



CLIP TIPS

We depend on our members to send us clippings of news items, editorials, columns, book reviews, research reports, etc., as commercial clipping services are prohibitively expensive.

When you see an item in a newspaper, magazine, or professional journal that you feel is relevant to our work here at TMI, please cut it out or photocopy it, indicate the date and source, and send it to: The Monroe Institute, Route 1, Box 175, Faber, VA 22938. Thanks!

THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Monroe Center in Faber, Virginia.

1989

HUMAN PLUS

December 2-8

1990

GATEWAY VOYAGE

January 27-February 2

February 17-23

March 10-16

March 31-April 6

April 28-May 4

May 19-25

June 9-15

June 23-29

July 14-20

August 4-10

August 18-24

September 15-21

October 6-12

October 27-November 2

November 10-16

December 8-14

GATEWAY GRADUATE RETREAT

June 16-22

GUIDELINES

March 24-30

May 5-11

August 11-17

September 22-28

December 1-7

HUMAN PLUS

April 7-13

May 26-June 1

September 1-7

PROFESSIONAL SEMINAR

July 21-27

GO TRAINING SEMINARS

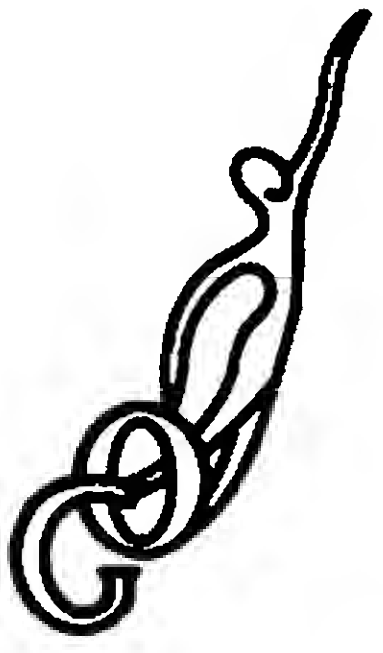
March 17-23

July 7-13

October 13-19

GO RETREAT

August 25-31



REACHING OUT

EXCURSION and *HUMAN PLUS*
Workshops Scheduled

The *GATEWAY OUTREACH* program is a network of accredited Outreach Trainers throughout the United States and other parts of the world. *GATEWAY OUTREACH* Trainers offer two-day workshops called *EXCURSIONS*, and two-day workshops called *H-PLUS*. The *EXCURSION* allows participants to experience the levels of consciousness called Focus 10 and Focus 12. The purpose of the *EXCURSION* is to provide an opportunity to learn to perceive, understand, and communicate in nonphysical energy environments, with an emphasis on integrating practical tools for use in daily life. The *H-PLUS* workshop is an intensive application of the *HUMAN PLUS* system of self-evolution, in which practical, powerful tools are offered for gaining greater control over the physical, emotional, and mental aspects of ourselves. The *H-PLUS* workshop assists the participant in shifting his or her belief system into a "know system" and offers a gentle but effective way to learn new modes of thinking, feeling, and being that express more of our inherently unlimited potential. The following workshops are scheduled for the next few months:

EXCURSION WORKSHOPS:

ATLANTA, GA
October 14 & 15
November 11 & 12
Contact Ellen Rappaport
(404) 577-5838

DENVER, CO
October 6 & 7
Contact Markay Pfeifer
(in New Mexico)
(505) 867-2399 or (505) 242-9999

SAN FRANCISCO, CA
October 21 & 22
December 18 & 19
Contact Virginia Patterson
(415) 381-5476

ALBUQUERQUE, NM
November 25 & 26
Contact Karen Luciani
(505) 888-5995

LOUISVILLE, KY
Early November
Contact Elizabeth (Libby) Moore
(502) 896-6132

THE NETHERLANDS
Four workshops scheduled during
the fall and winter
Contact Tjaart Hoffman 05160-5843

FALHER, ALBERTA, CANADA
October 15 & 16
Contact Geoffrey Lyford
(403) 276-5760

HUMAN PLUS WORKSHOPS:

ALBUQUERQUE, NM
October 21 & 22
Contact Karen Luciani
(505) 888-5995

DENVER, CO
October 20 & 21
Contact Markay Pfeifer
(in New Mexico)
(505) 867-2399 or (505) 242-9999

SEATTLE, WA
mid-October
Contact Rob Polley & Susan Rae
(in Calgary)
(403) 252-3846

CALGARY, ALBERTA,
CANADA
November 17-19
Contact Geoffrey Lyford
(403) 276-5760

GOOD-BYE A-NON

This last issue of the *BULLETIN* contains the last chapter of *NON*, the cartoon strip and companion of the *BULLETIN* for many years. Chris Kalnick, creator of *NON* and contributing artist, has donated these nonphysical adventures for TMI members' reading pleasure. As *NON* and Chris pursue their new endeavors, it is with our gratitude, appreciation, and warm regards.

HEMI-SYNC BABIES: THE NEXT GENERATION

This is a message for you Moms out there: Anna Schober, M.D., a TMI Professional Member and new parent, is initiating a follow-up study on children who have experienced Hemi-Sync *in utero*. Did you attend a *GATEWAY VOYAGE, GUIDELINES*, or *H-PLUS* program during pregnancy? Please contact Anna at: 1810 Blair Loop Road, Danville, VA 24541, or call (804) 822-2322.

FOCUS ON THE HORIZON

The Monroe Institute *BULLETIN* will soon receive a new face. Beginning with the Winter 1990 issue, you will be receiving the *TMI FOCUS*. While originally planned for publication this quarter, the *TMI FOCUS* will instead make its debut along with the new decade. Watch for it!

The BULLETIN is sent quarterly to all members of The Monroe Institute. The BULLETIN focuses on the programs, activities, releases, people, and events that comprise the Institute and tracks its evolution. The BULLETIN is mailed quarterly, along with the BREAKTHROUGH, a publication of the Professional Division of The Monroe Institute, and special-release audio-cassette tapes.

The BULLETIN is published four times annually.

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Nancy McMoneagle

Computer Typesetting and Design:

John Dumais

Publishing Coordinator:

Teresa Critzer

Do you know someone who can benefit from an introduction to TMI? Use this coupon to send us their name and address, and we will mail them our comprehensive, four-color brochure and information packet. Feel free to enclose an additional sheet of paper with more names, if you wish.

Dear Monroe Institute:

Please send a brochure and information packet as soon as possible to:

Name _____

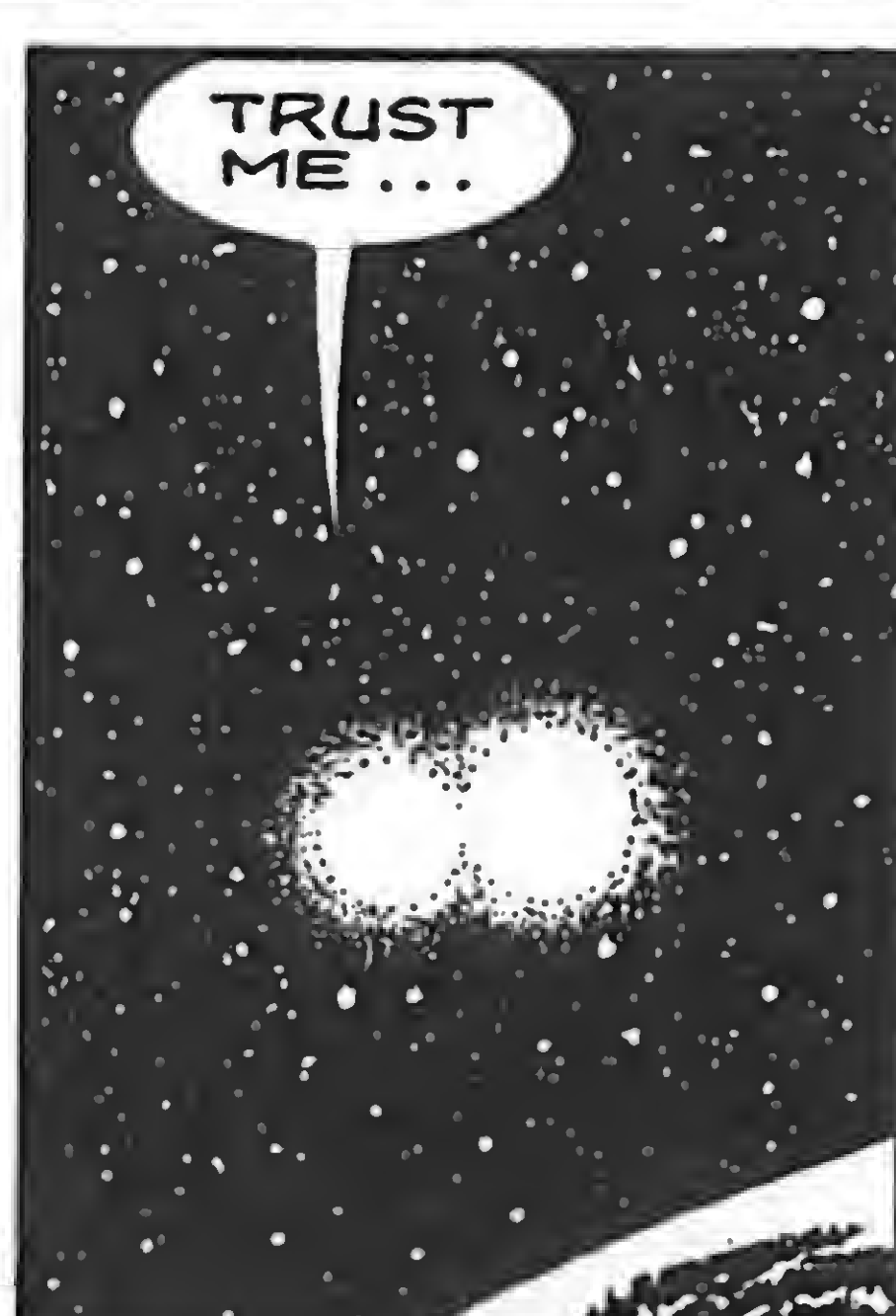
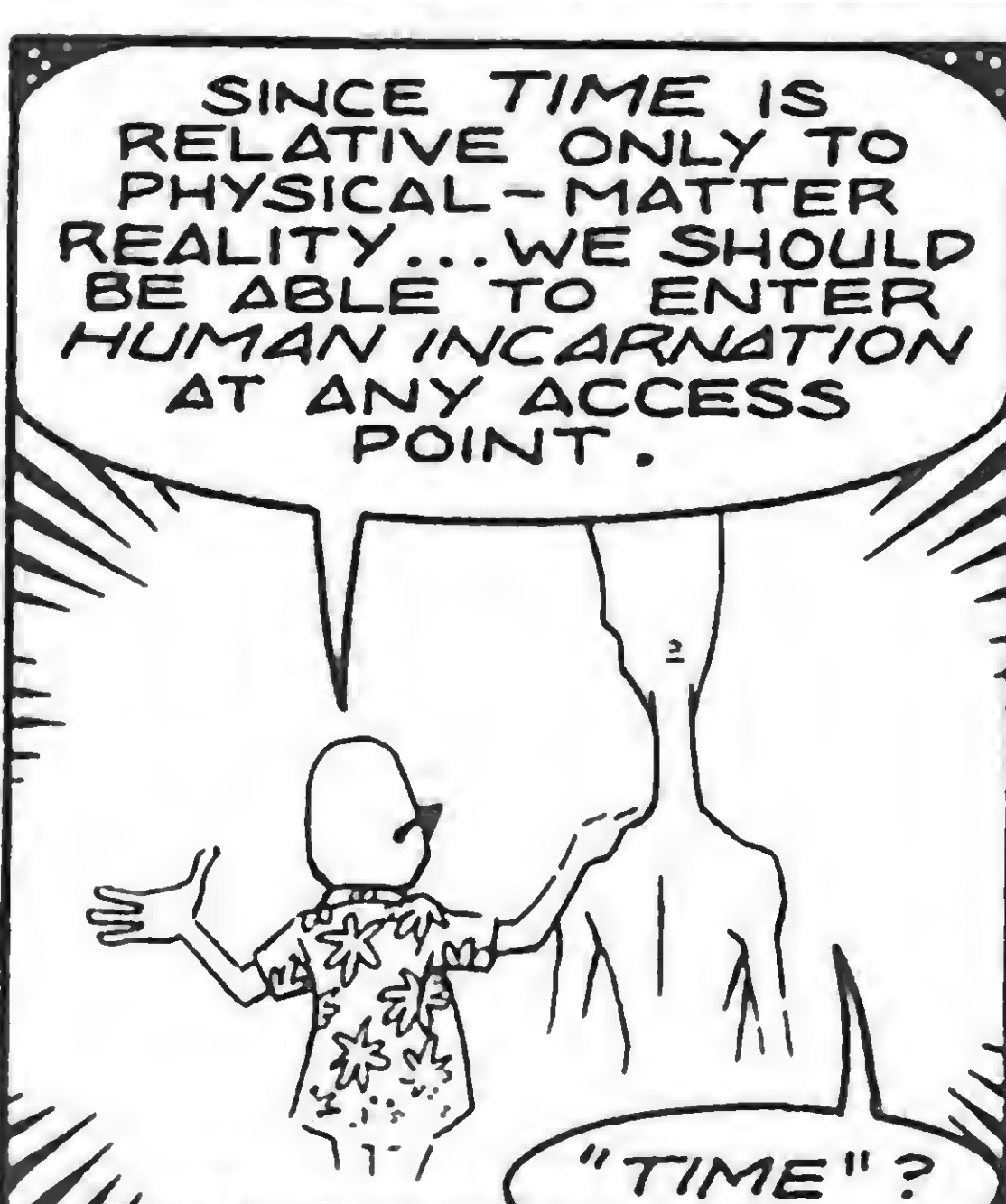
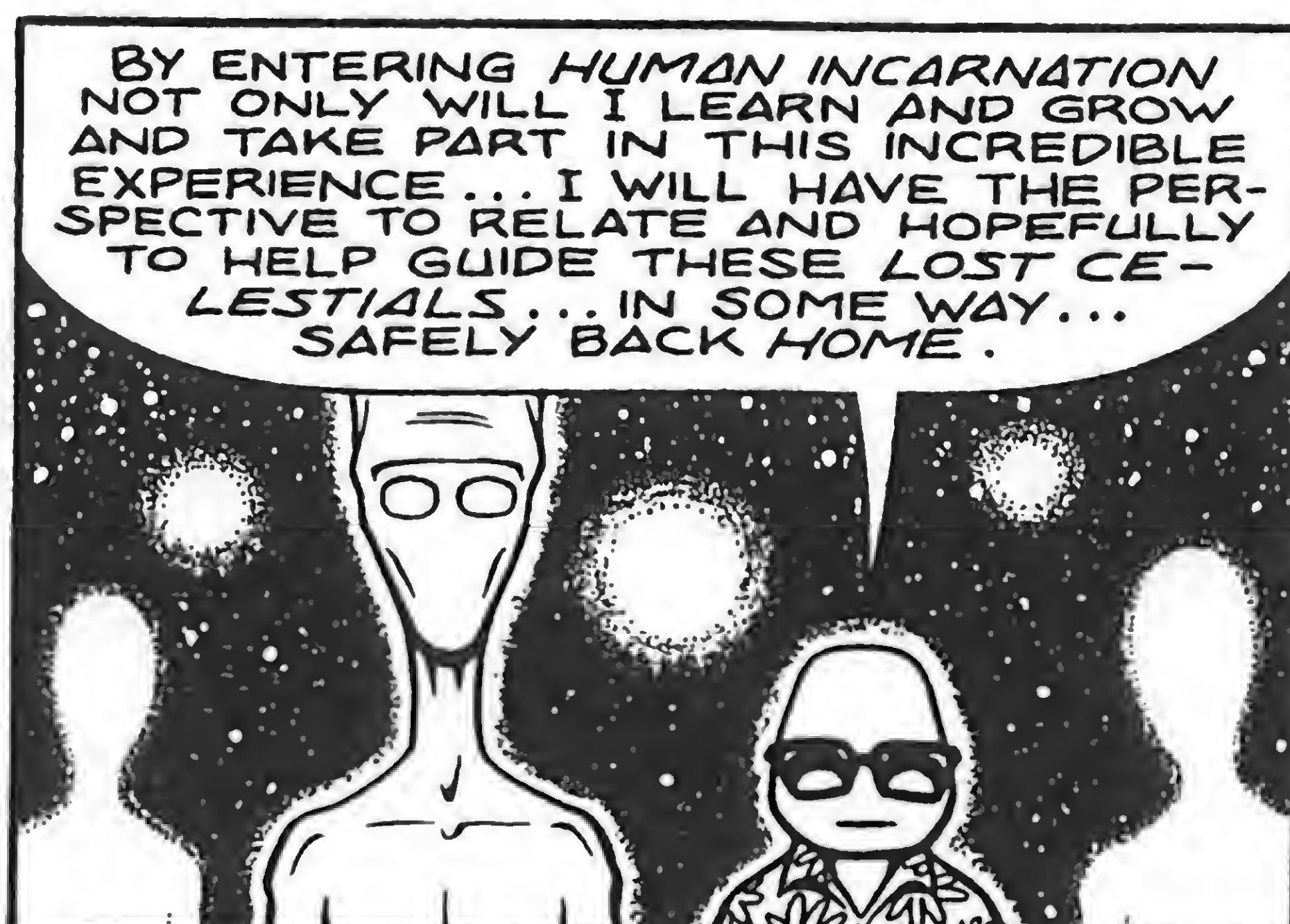
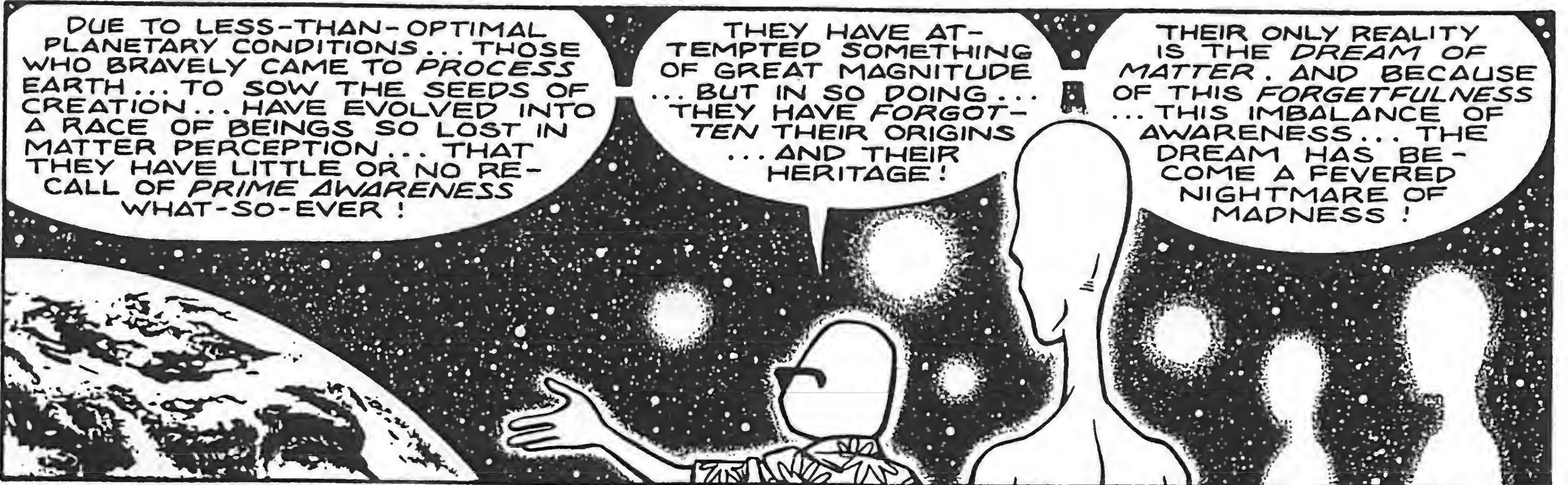
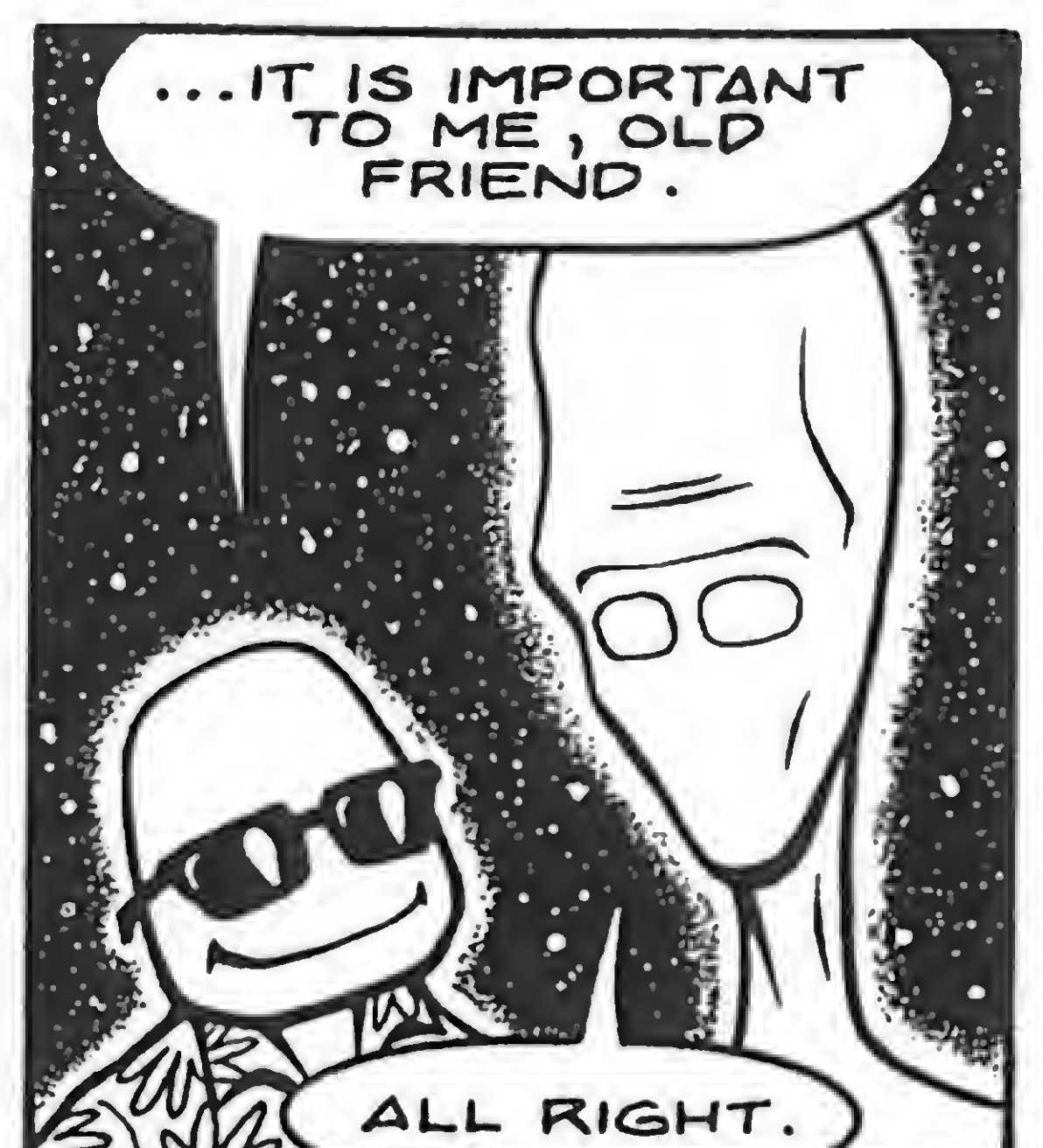
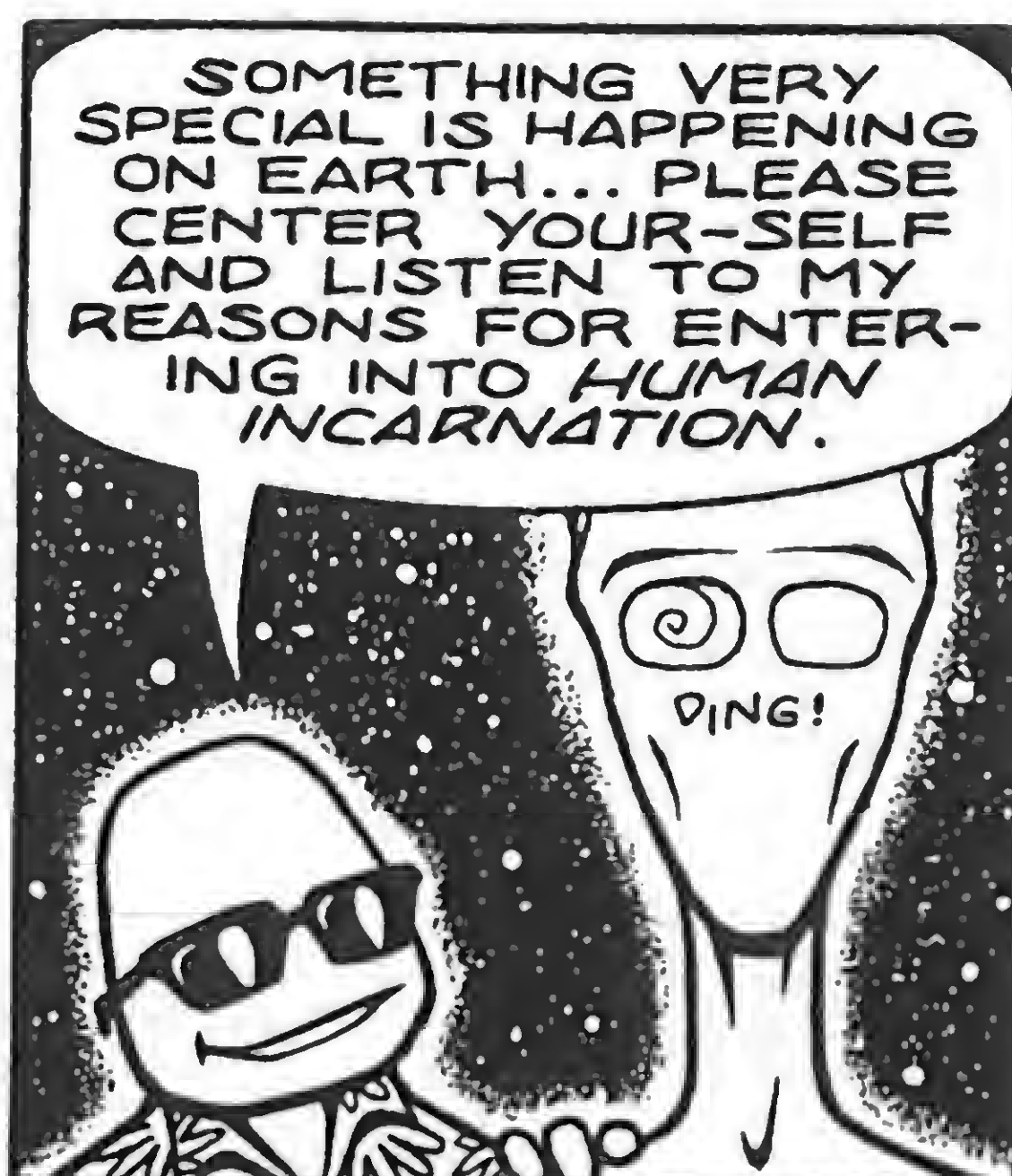
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Thank you!



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